

A P R I L , M A Y , J U N E 2 0 1 5

COMING OF AGE



AREA AGENCY ON AGING

Director's Message

The official White House Conference on Aging in Washington DC is expected to be held in July. There will also be six official regional forums. The forums will be held in Tampa, FL, Phoenix, AZ, Seattle, WA, Cleveland, OH and Boston, MA. The Phoenix, AZ forum will be on March 31st. WACOG Area Agency on Aging will be sponsoring a White House Conference on Aging Input Forum on April 6th in Yuma. WACOG will be sponsoring the input forum to ensure that recommendations from Region IV are in the system for consideration.

On June 15, 2015, we will be celebrating the 10th anniversary of World Elder Abuse Prevention Day. Elder Abuse continues to be an under reported silent crime. It is estimated that only 1 in 14 incidents of elder abuse, excluding self-neglect, are brought to the attention of authorities. Data on financial exploitation is even more disturbing. It is estimated that only 1 in 25 cases of financial abuse are ever reported. If you would like more information on resources that may be available for victims, please contact the Aging, Disability, and Resource Helpline at 1-800-782-1886.

Elisa Davis, Area Agency on Aging Director

If you would like to participate in the WACOG Input Forum, please contact Jacqueline Romero at (928) 217-7158. For more information on the national activities, please go to <http://whitehouseconferenceonaging.gov/>.

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WACOG Area Agency on Aging Staff would like to wish everyone a safe & healthy Memorial Day!

3rd Annual Region IV Conference on Aging a Success!



On January 29th, 2015, WACOG's Area Agency on Aging held its 3rd Annual Region IV Conference on Aging at the Pivot Point Conference Center in Yuma, Arizona.

128 individuals from all walks of life participated in the event, including the following wonderful keynote speakers: Dr. Jeanette Wendt, Principle Investigator & Research Director, NNS Clinical Research, LLC.; Dr. Steven Z. Rapcsak, Professor, The University of Arizona Department of Neurology; Amy St. Peter, Human Services & Special Projects Manager, Maricopa Association of Governments; and Dr. Marisa Menchola, Professor, The University of Arizona Department of Psychiatry & Neurology.

The conference featured the following breakout session tracks: General Aging Issues, Elder Abuse and Caregiving. Each track featured unique topics of discussion some of which included: "Achieving Sustainable Balance", "Fraud Watch Network", and "Too Many Treasures—An Overview of Hoarding Disorder". Attendees also had the opportunity to participate in the Virtual Dementia Tour and visit 15 different vendor booths.

A Very Special Thank You to Our Conference Sponsors!



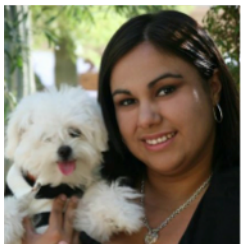
Family Caregiver
Support Program



Employee Spotlight

Crystal Moore

Crystal has been a Case Manager with WACOG—AAA for a year and a half now. She loves being able to help those who need assistance and feels her career is very rewarding. During her free time, she enjoys spending time with her daughters and watching movies. Crystal also volunteers with organizations that offer peer support for sexual assault survivors and domestic violence victims.



“DANCE as though no one is watching you, LOVE as though you have never been hurt before, SING as though no one can hear you, LIVE as though heaven is on earth.”

Kevin Julle

Kevin has been the Ombudsman Coordinator for Mohave County for over three years now. He enjoys having the opportunity to visit with residents from all over the county and hear their stories. During his free time, he enjoys spending time with his family and watching his sons participate in sports. He is a huge Chicago Cubs fan and vows 2015 is their year!

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” -Lou Holtz



Cat Trobaugh

Cat has been at WACOG for almost nine years! She is the Case Management Supervisor and Master Trainer in the Chronic Disease Self-Management Program and Matter of Balance. Her favorite part of her job is getting to interact with clients. During her free time, she enjoys going out on the river and going boating.



“It is what it is or ‘Get R’ Done’.”

Grace Shields

Grace has been at WACOG for over 15 years! Grace is the Ombudsman Coordinator for Yuma County. Her favorite part about WACOG is that we’re big enough to make a positive difference in our community, but small enough to have potlucks. During her free time, she enjoys gardening and going to the movies. Grace is also a Certified Pharmacy Technician.

“Ask not what your country can do for you—ask what you can do for your country.” -John F. Kennedy

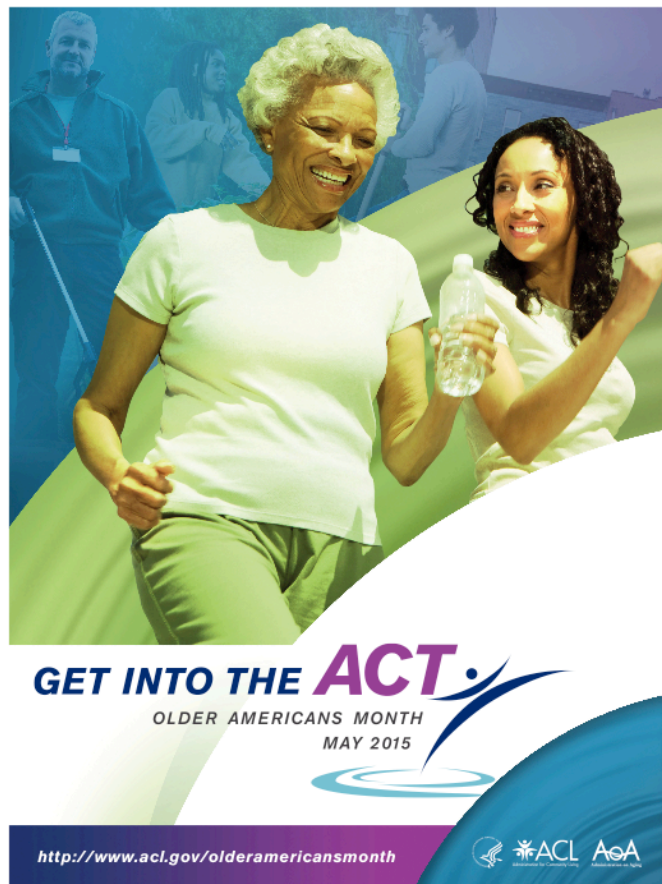


May is Older Americans Month

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**.

Older Americans month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to **Get into the Act** to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

*Information provided by: Administration for
Community Living*



Safe Return Program

Sponsored by WACOG and The MedicAlert Foundation

Are you a caregiver for someone who is diagnosed with Alzheimer's or a related dementia? Have you ever wondered what you would do if they wandered away from home? WACOG and the MedicAlert Foundation have collaborated to provide families with an alert system if your loved one diagnosed with dementia does wander from home. The program is called Safe Return.

The MedicAlert Safe Return program is designed to provide assistance to seniors with Alzheimer's or a related dementia. The membership is for three years and includes an engraved bracelet or necklace and 24/7 emergency response free of charge.



*For more information, call
1-800-782-1886.*



WACOG Get Healthy Program

The WACOG Area Agency on Aging (AAA) is launching the Get Healthy Program in Region IV. The purpose of the program is to work within each community to develop healthy, active lifestyle options and educational opportunities for persons of all ages. WACOG—AAA is partnering with County Health Departments, Regional Center for Border Health, Inc., behavioral health organizations, Head Starts, hospitals, community leaders, and elected officials to effectively establish a community collaborative. Additionally, with the help of AmeriCorps VISTAs, each community will develop a strategic coordination plan that will guide that community's wellness activities. Through the program we hope to increase awareness and knowledge of the importance of preventative strategies that address the issues of falls, obesity, nutrition, dementia, cancer, diabetes, stroke, and HIV and increase funding opportunities to support these efforts. For more information about the Get Healthy Program and/or to get involved contact: Jacqueline Romero 928-217-7158 or jacqueline@wacog.com.

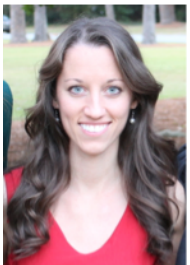


Jacqueline Romero

Jacqueline was formerly the WACOG—AAA Program Development Specialist and recently became the WACOG Health, Wellness & Prevention Supervisor overseeing the WACOG Get Healthy Program and the AmeriCorps VISTAs in Yuma, La Paz, and Mohave Counties. Jacqueline hopes to be able to develop and promote healthy lifestyle educational opportunities to the Western Arizona communities that will improve the community's quality of life and overall wellbeing. During her free time, she enjoys traveling, exercising, and watching sports.

"Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Elizabeth Tuttle



Elizabeth is our VISTA for La Paz County. She has a Bachelor's in Biology with a minor in Nutritional

Science. She looks forward to developing a system of support in the community that will encourage healthier habits.

"There are times to stay put, and what you want will come to you, and there are times to go out into the world and find a thing for yourself."

—Lemony Snicket

Marie Wallenborn



Marie is our VISTA for Yuma County. She recently returned from India after spending over a year and a half volunteering at a teaching hospital. She has her Masters in Gerontology from the University of Northern Colorado. She is eager to develop a collaborative with other stakeholders in the community who are trying to make Yuma County healthier.

"I am here only to be truly helpful."

—A Course in Miracles

Melanie Janiga



Melanie is our VISTA for Mohave County. She has a Master's in Sport Administration from Canisius

College and a Bachelor's in Sports Management from SUNY Fredonia. She was also a competitive gymnastics coach for over seven years.

"Go confidently in the direction of your dreams. Live the life you have imagined. As you simplify your life, the laws of the universe will be simpler."

—Henry David Thoreau

WACOG Rider Assistance Program

The WACOG Rider Assistance Program (WRAP) is a mileage reimbursement program designed for elderly passengers (60+) who rely on others for transportation to destinations that include medical appointments, grocery stores, and the pharmacy. Mileage is paid to the WRAP participant at a rate of \$0.37 per mile for the purpose of reimbursing the driver of the participant.

For more information about the WACOG Rider Assistance Program contact:
The Aging, Disability, and Resource Helpline at **1-800-782-1886**

Community Donations Help BHC Nutrition Center Get Much Needed Make-Over

The current class of the Colorado River Leadership Program, which is sponsored by the Colorado River Women's Council, is currently working on their project of renovating the Bullhead City Nutrition Center. The Bullhead City Nutrition Center, which serves the senior community in Bullhead City and surrounding areas, has not had a fresh coat of paint put on its walls for the last 20 years. They recently received a generous donation from Tri State Building Materials, Inc. who has supplied them with paint, painting equipment and cleaning supplies to help them complete their project.

In addition to painting the interior of the center, the class is also recoating the floor tiles with a new coat of wax. This renovation would not be possible without the generous help and support from the local community of Bullhead City. This renovation is made possible thanks to the following donations from these local businesses: Tri State Materials for all the paint and painting supply donations; Steve Schreiner, paint contractor and owner of STS Painting, for helping the class with painting the center; the Air Force JROTC from Mohave High School for helping the class clean the center; Elite Cleaning, local cleaning business, for stripping and waxing the floors; and the local Hertz company for donating food for the workers.

The class consists of the following members: Maureen Anderson, Ashlee Bennett, Kristi Blair, Tina Cupa, Grace Hecht, Robynne Mieding, Jennifer Portwood, Denise Schreiner, J.V. Soto, Cristy Sturgis and Sabrina Welborn. They are all excited to complete this project for the seniors in their community and anticipate having the project completed in April and will present it to the city in May.



Support Groups of Western Arizona

There is no cost for attending and no commitment to return – just a family of friends who care.

Alzheimer's Association

- ❖ Lingenfelter Center
1099 Sunrise Ave Kingman, AZ
Every Wednesday at 10:00 am
- ❖ Copper Hills Assisted Living
12234 S Frontage Rd Yuma, AZ
1st & 3rd Friday at 10:30 am
- ❖ Emerald Springs Assisted Living 1475 S
46th Ave Yuma, AZ
3rd Saturday at 10:00 am

Cancer Support Group

- ❖ YRMC Corporate Center
399 West 32nd Street Yuma, AZ
2nd Monday at 7:00 pm
- ❖ Kingman Regional Medical Center
3629 Stockton Hill Rd Kingman, AZ
2nd Tuesday at 2:00 pm
(928) 691-4665

Diabetes Support Group

- ❖ YRMC Corporate Center
399 West 32nd Street Yuma, AZ
3rd Tuesday at 6:00 pm
(928) 336-7309
- ❖ KRMC Del E Webb Wellness Center
1719 Beverly Avenue Kingman, AZ
Quarterly the last Tuesday of the month
at 6:00 pm (January, April, July, &
October)

Arthritis & Fibromyalgia

- ❖ Kingman Regional Medical Center
3629 Stockton Hill Rd Kingman, AZ
2nd Wednesday at 1:00 pm
(928) 692-2949

Caregiver Support Group

- ❖ Hospice of Havasu
232 London Bridge Rd LHC, AZ
Tuesdays at 5:30 pm
1-888-468-2111

Parkinson's Disease Support Group

- ❖ KRMC Del E Webb Wellness Center
1719 Beverly Avenue Kingman, AZ
3rd Tuesday at 1:00 pm
(928) 692-4640

Depression Bipolar Support Alliance

- ❖ Yuma Community Food Bank
2404 East 24th Street Yuma, AZ
Every Thursday at 7:00 pm
(928) 580-6645

For more information about these and other
Support Groups in Western Arizona contact our
Central Intake Specialist at

1-800-782-1886

WACOG Breaks Ground on New Office!

If you have driven by our office on 3rd Avenue, you may have been wondering what that "For Rent" sign out front is for. WACOG officially broke ground on the new office space on March 6th. The new office space won't be ready until July, but we will keep everyone informed of our progress and official moving date. We are all looking



forward to a
newly
renovated
office space!

Western Arizona Council of Governments
224 South 3rd Avenue
Yuma, Arizona 85365

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1-800-782-1886

earth day

april 22

WORD SEARCH



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|----------------|--------------|------------|---------------|
| 1. EARTH | 5. RECYCLE | 9. WATER | 13. ENERGY |
| 2. DAY | 6. REUSE | 10. LAND | 14. CLIMATE |
| 3. APRIL | 7. REDUCE | 11. AIR | 15. POLLUTION |
| 4. ENVIRONMENT | 8. RESOURCES | 12. GLOBAL | 16. COMPOST |